

## May 2016 • Monthly Newsletter of the Royal Oak Seniors

### MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."

### MSU Food Safety & Nutrition Speaker



Presenters from the MSU Extension Oakland County will share valuable information concerning food safety and nutrition. Each presentation will have a food demonstration. Contact 248-246-3900 to pre-register.

**May 3 More Matters: Fruits & Vegetables**

**June 7 Quick and Easy Healthy Meals**

### SHOOT!



Do you have any interest in a Digital Photography/ Artwork class? We're testing the interest to see if there are sufficient patrons who would like to participate/learn. Stop in the office or call us at (248) 246-3900.

### CRAFT CREATIONS - SIMPLE CRAFTS MADE EASY

**\$5 fee per class**

**3rd Wednesdays 10:00 - 11:30 am**

Classes will be held on May 18th & June 15th. Register for only one, two or three! Creative projects using simple materials to make easy crafts. Project completion from start to finish in a single class. Keep for yourself or give as a gift. All tools and materials included. **C1023**

### Inside...

Travel .....	p 3
Staff Notes .....	p 4
What's New .....	p 5
Services, Interests .....	p 6
Health & Fitness .....	p 7
Support .....	p 8
Community Links .....	p 9
Ongoing Activities .....	p 10
Calendar .....	p 11
Menu .....	p 12
Salter Center .....	p 13
Salter Center (Calendar) .....	p 14
Travel (Cont'd.) .....	p 15
Travel/Activities .....	p 15



**Tuesday, May 24, 2016 9:45 am - 2:15 pm**

Residents of the tri-counties age 62 or better along with a caregiver, are invited to enjoy a free day at the Detroit Zoo! There will be live music, bingo, zookeeper talks, free tram rides and a senior resource area. Cost includes transportation via Senior Bus. **T1008sp \$4 - preregister**

**A movie?**

**Music?**

**Bingo?**

**Join us Fridays at 12:30 pm at the Center (see pg 6 for details)**

May 6	May 13	May 20	May 27
<b>BINGO</b>	Movie Matinee	Kerry Price	Movie Matinee

## Rybicki Travel Show

**Thursday, May 19, 2016 10:30 - 11:30 am**

Come on over to hear all about the upcoming Rybicki Tours travel opportunities for 2016! They've been working hard to bring you the best trips around.

**Restaurant of the Month: Jim Brady's \$4 Thurs, May 19, 11:30-1:30**

Jim Brady's Detroit is an homage to the 1954 legendary original location on 7 Mile & Greenfield. Sticking with tradition, they serve World Class Food and Drinks using local products and companies. Located in the former Oxford Inn building. Cost includes transportation via Senior Bus. Lunch on your own; **Avg. \$13 T1026 sp**



### **EXTENDED TRAVEL**

<b><u>Blue Grass and Smokies/ Rybicki Tours</u></b>	<b>May 13 - 18 \$999</b> per person/double
<b><u>Historic Cities of the East/ Shoreline</u></b>	<b>May 22 - 27 \$999</b> per person/double
<b><u>Mackinac Island - Lilac Time/ Shoreline</u></b>	<b>June 6 - 7 \$379</b> per person/double
<b><u>Grand Rapids Get Away/ Exclusive!</u></b>	<b>June 23 - 24 \$224</b> per person/double (\$50 deposit)
<b><u>Colorado Rocky Mt Spectacular/ Shoreline</u></b>	<b>July 24 - August 2 \$1,999</b> per person/double
<b><u>Wisconsin/ Bianco Tours</u></b>	<b>July 25 - 29 \$971</b> per person/double
<b><u>Mackinac - "Grand Experience"!</u></b>	<b>October 24 - 27th \$748</b> per prsn/double, \$1,019 single, balance due August 30th

### **DAY TRIPS**

**POPS Coffee Concert Friday, June 10, 2016 9:15 am - 1:30 pm**  
**Dress Circle \$49** John Williams' Favorites

**Midtown Madness/ Bianco Tours**

**Wednesday, May 4, 2016 8:45 am - 4:45 pm**

Formerly known as the "Cass Corridor", this safe, up-and-coming neighborhood is full of upscale shopping, funky lofts, wine bars, microbreweries, coffee shops, trendy eateries and more! Stay with the guide, or take off on your own shopping adventure. You'll visit Will Leather Store, lunch at Union Street, check out The Shops at Park Shelton, and Carhartt Detroit, maker of world-famous work clothing. Cost includes transportation via motor coach and lunch. **\$67 T1017Sp**

**Chubby Checker at Soaring Eagle Casino/ Bianco Tours**

**Monday, May 9, 2016 8:30 am - 9:00 pm**

Over 50 years ago, Chubby Checker exploded on to the music scene with his #1 mega hit, *The Twist!!* Travel back to the good old days with Chubby! Cost includes transportation via motor coach, show, \$10 slot play and \$5 food voucher. **\$43 T1012 Sp**

**DIA Series: Movie Screening**

**Thursday, May 26, 2016 12:15 - 3:30 pm**

This month we will enjoy a movie, just one offering of many from the DIA's senior programming. Again, you may choose to forego the movie and tour the museum on your own. Movie title still unspecified at the time of publication. Call the Senior Center at 248-246-3900 for more information. There is a cookie reception after the movie. Cost includes transportation via motor coach, movie and reception. **\$5 T1005 Sp**

#### ***Trip Information:***

- Don't wait to sign up for trips – they may be cancelled for lack of participation!
- Trip itineraries are subject to change without notice. Sometimes the venues surprise us!
- Please arrive 15 – 30 minutes ahead of posted departure time and park at the north end of the parking lot.
- If you cancel, refunds will be issued if we are able to fill your space. A \$5 processing fee will be deducted from all refunds. Full refunds are given if the trip is cancelled by us or the travel agent.

**Mahany/Meininger  
Senior Community Center  
3500 Marais  
Royal Oak, MI 48073**

(1 block North of 13 Mile Rd.,  
between Main & Crooks)

**Phone: (248) 246-3900**

**Fax: (248) 246-3901**

**Salter Community Center  
1545 E. Lincoln,  
Royal Oak 48067**

(10½ Mile Rd, 1 block West  
of Campbell Rd.)

**Phone: (248) 246-3180**

**Fax: (248) 246-3007**

**Monday - Friday  
9:00 am - 4:30 pm**

**Senior Citizen Coordinator**  
Paige Gembarski

**Outreach Administrator**  
Carolyn Marsh

**Sr. Recreation Specialist**  
Barbara Harris

**R.O.S.E.S.**  
Pam Steinmetz  
Dorothy LaSure

**Typist/Clerk**  
Susan Mutschler

**Van Transportation**  
Phone: (248) 246-3914  
Monday - Friday  
9:30 am - 12:30 pm

Carol Haubert, Dispatcher  
Cathy Cricelli, Dispatcher

**Gentle Reminder**

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.

**Tim's  
Kitchen**



Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 12 for the entrees.

- Call (248) 246-3900 to reserve a meal (*at least* one day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

**\*Carry-outs available \$3.50\***  
Meals for Homebound Residents

**NOTABLE FOLKS . . .**

Tim's Kitchen is always in need of donations. Fortunately, many of the Center's patrons are naturally generous and considerate. Without their generosity, Tim would have a much harder time preparing and delivering such wonderful meals (*and cookies!*, *let's not forget his homemade cookies!*) Thank you's go out to the following patrons;

Laura Bossenberry,  
Kathy Debien,  
Bob Hilton, Marti Lewis,  
Jeanette Meraw, Mary Rubin,  
Margaret Roberts,  
Greta Sanders,  
Jessica Sawdon,  
Don & Judy Steuf, and  
Pam Steinmetz.

*Thank You Very Much!*



The Senior Center would like to express our appreciation for the donation made by Mr. & Mrs. Khamusi, along with Members of the Aphasia Support Group, in memory of the late

Adam Negrich  
husband of our long term patron,  
Betty Negrich.

**City of Royal Oak**

**Customer Service Values:**

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

**Codes of Conduct:**

Live the Golden Rule  
Embody Honesty  
Act with Patience  
Take Responsibility  
Listen Attentively  
Communicate Effectively  
Lead by Example  
Be Proactive  
Live Royal Oak

Beat automated phone systems  
hint from:

**"It Pays to Be A Senior":**

- ♦ When the automated system asks what you want, say each of these phrases until one works: "Transfer", "Operator", "Customer Service", "Help", "Get Human", "Agent" or "Representative".
- ♦ Press the pound key, star key, zero, or some combination of these keys.
- ♦ Press a bunch of keys quickly, one after the other, or rapidly press one key repeatedly.
- ♦ Mumble or speak gibberish to stump the phone system so it will forward you to a live person.
- ♦ Don't respond. This may trick the system into thinking you have a rotary phone.



**BINGO - First Fridays****May 6th 12:30 pm**

BINGO Cards \$0.25/each (Maximum of three (3)). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

**Drop-In Cards****Rubber Bridge Mondays**

Drop in for Rubber Bridge and bring a partner to play.

**\$1.00 12:15 pm****Pinochle Tuesdays**

Drop in for pinochle, meet new friends. **\$1.00 12:30 pm**

**Duplicate Bridge Weds.**

Drop in with a partner to play duplicate bridge.

**\$2.00 12:30 pm****Euchre Thursdays**

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

**\$1.00 12:30 pm****Mah-Jongg Drop-In****Wednesdays 9:30-12 pm****Fridays 1-3 pm**

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

**Handbells****Fri 12:45 pm Apr 1 - Jun 30**

Experience the fun of ringing handbells with a group. Director Sylvia Hartsoe, says playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. Performances April—mid-July. Previous ringing experience not necessary, but music reading skills is helpful. **\$25/12 wks C1040Sp**

**Senior Sew****Tues, 10:00 am**

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're a new quilter and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

**Creative Coloring for Grown Ups****May 2nd & 16th****Mondays, 10:30 - 11:30 am**

Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies. C1094F**

**Welcome Newcomers!****Monday, May 2 10:30 am**

Newcomer's orientation is open to anyone fifty or better. Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call (248) 246-3900 to reserve a spot.

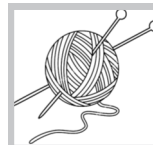
**Star-Grabbers****Amateur Astronomy Group****2nd & 4th Wednesdays 10 am**

Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

**Helping Hands****Tues & Thurs 9:30 am**

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are needed.*

*Drop off yarn on the days the group meets*

**Sit 'n' Knit****Tuesday 1:00 pm**

Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

**Computer Club****Wednesdays****12:30 pm**

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

May 4 Chris Gideon (eBay)  
May 11 Tom Allen  
May 18 Roger Gach  
May 25 Jack Vanders

**Laptop Computer Classes****Tues, 10:00 am \$40/4 weeks****May 3 - May 24 C1090Sp**

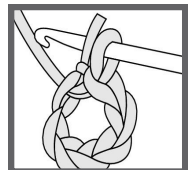
Set up for beginners and advanced students. Bring your laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Classes limited to 4. Pre-registration

**Ask the Computer Lady!****Tuesdays April 5 - June 28****9:15 - 9:45 am C1081SP****12:45 - 1:15 pm C1082SP**

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: 248-246-3900. **\$20/ 30 minutes OR \$35/one hour**

**Get Your "Gadget"****One-on-one class: three 45-min****sessions Tues, 11:15 - noon****Dates thru Jun 28th available**

This three session one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **248-246-3900 \$60/C1080Sp**

**Crochet Creations****Thurs, 12:15 pm**

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet

### Hearing Tests/Cleaning Hearing Aids

**Tues, May 10 - by appt. (1 - 3 PM)**

**Zounds!** will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900.

### Foot Doctors

**Weds., May 11th 9 - 11 am**

Drs. Adas and Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

### Financial Aide

**Thurs., May 19th 10:00 am**

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 min appt

### Massage Therapy by Appt Thurs & Fri May 19th & 20th

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides 35 minute massage session for \$30, or 75 -minute sessions for \$60.

### \* NEW \* PetrArt LLC Classes

**Tuesdays, 12:30 - 2:00pm**

#### ***Delightful Drawing Primer Class***

**June 14:** An informative and educational class teaching the basics of drawing using drawing pencils. Great class for beginners. All supplies provided. **\$15 C1097sp**

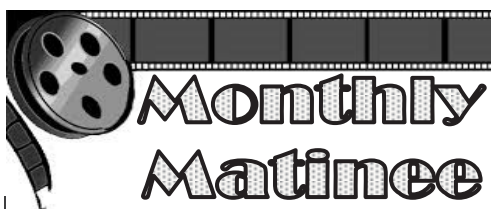
#### ***Still Life Drawing Class:***

**June 28:** A fun and interactive drawing experience drawing a still life using drawing pencils. Supplies provided. **\$15 C1098sp**

### Painting - All Media

**Thurs, Apr 28 - Jun 16 9:15 am**

Mike Byrne instructs art students of all levels of ability. Individual attention is given to each artist's chosen discipline. Supply list at sign-up. Pre-register, **C1093Sp \$55/8 wks**



**Friday, May 13th 12:30 pm  
BROOKLYN**

A profoundly moving story of a young Irish immigrant navigating her way through 1950' Brooklyn. Lured by the promise of America, she departs Ireland and the comfort of her mother's home for NYC. Homesickness fades as a fresh romance begins. *Rated PG13 for sexuality & strong language.*

**Friday, May 27th 12:30 pm  
99 HOMES**

When a Florida construction worker loses his home and is forced to move his family into less than desirable motel, an unanticipated opportunity arises. Should he stay true to his values or become a pawn in the real estate broker's shady dealings? *Rated R for language & sexual references, brief violent image.*

**Suggestions for future viewings are happily accepted.**

### Caregiver's Learning Opportunity Activities for Patients with Dementia

**Tuesday, May 3rd 9:30 am**

Learn to build meaningful activities based on your care recipient's interests. Simple to complex puzzles, everyday materials for baking, and maximizing success will be demonstrated. *Sorry, caregivers only.* No Fee, pre-register. **C1057SP**

### Focus on the News

**1st & 3rd Tues. 10:30 am**

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

### Antique Jewelry Sale

**Weds, May 11, 9:00 - 3:00 pm**

Time to find a little sparkle to put the touch on your spring finery.

### Kerry Price On Piano

**Friday, May 20th 12:30 pm**

#### **"Sentimental Journey"**

A musical visit to post World War II \$2, payable at the door

### Lunch & Learns 11:30 am -

#### Preregistration Required

LUNCH IS PROVIDED FROM TIM'S KITCHEN FOR ALL WHO REGISTER BY THE DEADLINE. CALL (248) 246-3900 (*SPACE IS LIMITED, REGISTER EARLY*) REGISTERED PATRONS WHO ARE "NO SHOWS" FOR TWO "LUNCH & LEARNS" FOR WHICH REGISTERED **CANNOT** REGISTER FOR L&L'S FOR A YEAR.

**You Remember Me Don't You?** Thursday, May 12 **A1030** Presenter: St Anne's Mead Assisted Living, Nursing Care. Memory Loss, Dementia and Dementia Communication. **Register by Thursday, May 5th**

**Health & Healing through Technology** Tuesday, May 17 **A1000** Presenter HEALTHQUEST. Pain relief for arthritis, peripheral neuropathy, back and neck pain, and sciatica: treat the problem, not just symptoms. **Register by Thursday, May 12th.**

**No Need to Live with Chronic Pain** Tues, May 24 **A1028** Presenter: Gregg Chiropractic Life Centers. Drug-free alternatives, nutrition plans, and non-invasive pain treatments. Q&A session after. **Register by Thurs, May 19th**

**Summer Safety Kit** Thurs, June 9, **A1027** Presenter: Sava Senior Care.. Getting the most out of summer fun. Learn about summer hydration, health nutrition and heat stroke avoidance, and receive a kit! **Register by June 2nd.**

**Chair Yoga Exercises (DVD)****Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

**Silver Foxes****Mon-Tues-Wed-Fri 9:30 am**

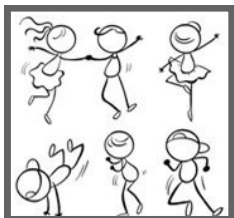
Exercise along with the Richard Simmons Silver Foxes videotape. This features low-impact, aerobic workout for the intermediate exerciser. Each No fee.

**Sit-Down and Tone-Up****Tues & Thurs 10:30 am**

A lively chair workout to build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb. weights. DVD, free!

**Zumba Gold****Friday, Apr 1 - May 20 10:20 am**

Low impact aerobic workout, some chair work. Dress comfortably, wear dance sneakers or tennis shoes. Bring Water. Pre-register **\$40/8 wks, C1015 sp.** **Drop-Ins, \$8 class**

**DANCE****CLASSES****Round Dance****Weds. (Beginners) 2:30 - 4:30pm****Thursdays 1:00 pm**

Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. **\$1.50**

**Intermediate Line Dancing****Fridays 1:00 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. **NO BOOTS!**

**Drop-In Ballroom Dance Class****Mondays 1:00 pm**

Join **Bill Scheff** Mondays to learn all the footwork involved in Ballroom dancing. No partner needed. Feel free to drop in and watch anytime. **\$5**

**Tai Chi Basic & Chen Style**
**Thurs, Apr 7 - Jun 9 9:15am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **\$60/10 C1063Sp**

**Kuratomi Stretching****Wednesdays 10:30 am****C1009 \$64/8 wks Apr 13 - Jun 1**

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. Students can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs.

**Gentle Yoga \$36/8 wks****Monday, Apr 11 - Jun 06****9:15 am (C1029)****1:00 pm (C1030)****Thursday, Apr 14 - Jun 02****1:00 PM (C1031)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended. *No class May 30th*

**Water Aerobics****Weds., 8:30 am****May 18 - Jul 06**

Great workout with water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 wks C1035Sp**

**Aqua Zumba****Thurs, 8:30 am****May 19 - Jul 7**

Have fun exercising, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister: **\$36/8 wks C1036Sp**

**Chair Exercise with Cindy****Fri Apr 8 - May 13 10:30 am**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 C1024SP**

**Healthy Back Class****Wed Apr 6 - May 11 1:30 pm**

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 wks C1017SP**

**Yoga Tues, 1 pm****May 3 - Jun 21**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase, strength, flexibility, alignment and balance. **\$36/8 weeks C1074SP**

**Chair Yoga****Wednesday, 12:30 pm****Apr 6 - May 11 \$25/6 C1021Sp****Friday, 11:30 am****Apr 8 - May 13 \$25/6 C1019Sp**

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

**Pilates/Core Body conditioning****Mon, May 2 - Jun 27 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise to help develop strong, flexible muscles and better posture. a basic class with emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor **Cheryl Baugh, ACSM** *No class May 30* **\$36/8 wks - C1087SpNo**



## **SUPPORT GROUPS**

### **Alzheimer's Support Group**

**Monday, May 23 10:00 am**

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

### **Aphasia Support Group**

**Thursdays 10:00 am**

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

### **Deaf Group**

**Wednesdays 9:00 am**

Our Center welcomes deaf adults for socialization each Wednesday.

### **Legal Aid**

**3<sup>rd</sup> Thursday, May 19 1:00 pm**

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

### **P.A.L. (Positive Attitude Living)**

**Fridays 10:30 am**

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

## **Royal Oak Seniors RESOURCE CENTER**

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly

## **LOOKING FOR A FEW GOOD VOLUNTEERS!**

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

## **TRANSPORTATION**

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

## **OUTREACH**

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

## **ADJACENT GENERATIONAL EXCHANGE (A.G.E.)**

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

## Medical Equipment Loan Closet

(248) 246-3900

The Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep it as long as necessary, and return it to the center in a cleaned state ready to be loaned to the next person in need.



Donations of clean, working durable medical equipment are accepted.

**To borrow an item**, call so that we can verify the we have the equipment you need; or

**To Donate**, call to determine if we are currently accepting items that you no longer need.



## NEEDS YOU!

Are you capable, hard-working, looking for some additional funding or work opportunity? Like working independently?

*Especially needed as Spring arises -*

**Painters:** As a R.O.S.E.S. painter, you are paid for the labor you provide. The customers (residents) are responsible for providing the paint and supplies.

**Lawn Service:** Lawn Service providers for R.O.S.E.S. mow and edge (as needed) to help home owners maintain the yard's appearance and good health. You will need to provide the labor and tools required to get the work completed.

**Interested? Please** come to the center to complete an application Monday - Friday, 9:00 am - 4:30 pm  
3500 Marais, (north of 13 Mile, Bet. Crooks & Main)  
All applicants will be subject to a background check.

## ROYAL OAK SCHOOLS - A COMMUNITY OF EXCELLENCE

### May 2016 Activities

**Board of Education Meeting** **800 DeVillen**  
7:00 pm Thursday, May 12  
7:00 pm Thursday, May 26

### PERFORMING ARTS EVENTS *ROHS Kimball Auditorium*

**Spring Band Concert** **Tues, May 3 7:00 pm**  
**Spring Orchestra Concert** **Weds, May 4 7:00 pm**  
**ROX Concert** **Thurs & Fri May 12 & 13th 7:30pm**

### VARSITY ATHLETIC EVENTS

#### Boys Baseball:

Monday, May 2 4:30 pm vs. Ferndale HS  
Tuesday, May 3 4:30 pm vs. Ferndale HS  
Saturday, May 12 12:00 pm vs. Multiple Opponents  
Monday, May 23 4:30 pm vs. Troy HS  
Wednesday, May 25 4:30 pm vs. Shrine HS

#### Boys Lacrosse

Saturday, May 7 11:00 am vs. Romeo HS

#### Girls Baseball

Monday, May 2 4:30 pm vs. Roseville HS  
Sunday, May 8 9:00 am F. Pieper Tournament vs. multiple  
Monday, May 16 4:30 pm vs. Lamphere HS  
Wednesday, May 18 4:00 pm vs. West Bloomfield HS

#### Girls Lacrosse

Thursday, May 5 4:15 pm vs. Liggett HS  
Thursday, May 12 4:15 pm vs. Notre Dame Prep

#### Girls Tennis

Saturday, May 7 8:00 am - Daily Trib Invitational,  
Multiple Opponents

### Community Open Swim

**RO Middle School**  
**709 N. Washington**  
**through June 16, 2016**



Seniors	Adults and Children	Age 3 and Under
Free with Gold Card	\$5	Free

### Family Open Swim

Monday, Tuesday & Thursday evening 7:00 - 8:15 pm

### Adult Open Swim

Monday, Tuesday & Thursday evening 8:15 - 9:30 pm

### Adult Lap Swim

Tuesday & Thursday evening 8:15 - 9:30 pm

Bring swimsuit, towel and lock; NO flotation devices.

### Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events. (*Exc. State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the:

Churchill Community Education Center  
707 Girard, Royal Oak

For information, please call (248) 588-5050



**Alzheimer Support**..... 4<sup>th</sup> Monday, 10 am  
Support for families and friends of those afflicted with Alzheimer's Disease.

**Aphasia Support Group**.....Thursdays, 10 am  
Support for adults with communication disorders.

**Billiards, Drop-In**..... Monday-Friday, 9 am-4:30 pm  
Pool tables - 50¢ daily use or \$3.00 monthly.

**Billiards, Pool Tournament** .....2<sup>nd</sup> Thursday, 9:00 am  
Singles tournament for those who drop in, \$3.

**Bridge, Drop-In** Drop in with partner to play bridge.  
.....**Rubber** \$1 - Mondays, 12:15 pm  
..... **Duplicate** \$2 - Wednesdays, 12:30 pm

**Computer Club**..... Wednesdays, 12:30 pm  
For computer enthusiasts with some experience.

**Crochet Creations**.....Thursdays, 12:15 pm  
Join anytime to learn or refresh your skills, no charge.

**Dance - Ballroom**..... Mondays, 1 pm  
Lessons provided by instructor Bill Scheff, \$5.

**Dance – Intermediate Line**..... Fridays, 1 pm  
Drop-in, \$2.

**Dance - Round** ..... Thursdays, 1 pm  
Lessons provided by instructor Lillian Chesney, \$ 1.50.

**Dance - Round (Beginners)** ..... Wednesdays, 2:30 pm  
Lessons provided by instructor Lillian Chesney, \$ 1.50.

**Deaf Group**.....Wednesdays, 9 am  
Join for socialization.

**Euchre, Drop-In**.....Thursdays, 12:30 pm  
Drop-in for an afternoon of Euchre, \$1.

**Exercise – Aqua Zumba**..... Thurs, 8:30 am  
Zumba workout in the water at RO Middle School, pre-register/fee.

**Exercise - Chair Yoga (DVD)**.....Mondays, 10:30 am  
Drop-in for "gentle," less strenuous exercise, no charge.

**Exercise—Chair Yoga**...Wed, 12:30 pm; Friday, 11:30 am  
Pre-register, fee.

**Exercise – Chair w/Cindy**.....Friday, 10:30 am  
Gentle but effective exercise. Pre-register/fee.

**Exercise – Gentle Yoga** Monday 9:15 am and 1:00 PM,  
Thursday, 1 pm. Slow flow class to strengthen bodies and calm minds. Pre-register/fee.

**Exercise – Senior Pilates**..... Monday, 10:30 am  
Body conditioning exercise. Pre-register, fee.

**Exercise - Silver Foxes**... .. Mon-Tues-Wed- Fri, 9:30 am  
Low-impact aerobics to Richard Simmons video, no charge.

**Exercise – Sit Down & Tone-Up** Tues/Thurs, 10:30 am  
no charge.

**Exercise - Tai Chi** ..... Thurs., 9:15 am  
Chinese exercise of moving meditation, pre-register/fee.

**Exercise—Water Aerobics** .....Wed, 8:30 am  
Water exercises at RO Middle School, pre-register/fee.

**Exercise - Yoga** ..... Tuesday, 1:00 pm  
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register/fee.

**Exercise - Zumba Gold**.....Friday, 10:20 am  
Dance your way through a low-impact aerobic workout. Pre-register/fee.

**Financial/Investment Aide**.....3rd Thursday, 10:00am  
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Free 30 min appointments/pre-register

**Focus On the News**.....1<sup>st</sup> & 3<sup>rd</sup> Tuesday, 10:30am  
Fun & lively discussion of current news happenings, free.

**Foot Doctor** .....2nd Wednesday, 9 am  
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

**Handbells** ..... Level II, Friday, 12:45 pm  
Pre-register/fee.

**Helping Hands** ..... Tuesday & Thursday, 9:30 am  
Making blankets for charity.

**Kerry Price** .....3<sup>rd</sup> Friday, 12:30 pm  
Different sing-along piano programs each month, \$2.

**Kuratomi Stretching**.....Wednesday, 10:30 am  
Japanese forms and Jumon to open the body, mind & spirit gently and naturally. Pre-register/fee.

**Legal Aid** ..... 3<sup>rd</sup> Thursday, by appt  
Atty. Kent Schultz provides free 15 minute consultations.

**Mahjongg, Drop-In**...Wednesdays, 9:30 am; Fridays 1 pm  
Experienced players may drop in and play.

**Massage Therapy**.....3<sup>rd</sup> Thursday & Friday, by apt.  
35 min/\$30 and 75 min/\$60 massage sessions.

**Monthly Matinee** ..... 2<sup>nd</sup> and 4th Friday, 12:30 pm

**Painting Classes**.....Thursday, 9:15 am  
All media and all stages of development. Pre-register/fee.

**PAL (Positive Attitude Living)** ..... Fridays, 10:30 am  
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

**Pinochle, Drop-In** .....Tuesdays, 12:30 pm  
Drop-in for pinochle, meet new friends, \$1.

**Senior Sew** .....Tuesdays, 10 am  
Join us for a day of piecing quilt tops. No fee.

**Sit 'n' Knit**..... Tuesdays, 1 pm  
Join us for a day of knitting. No fee.

**Star Grabbers**..... 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, 10 am  
Amateur Astronomy Group. No fee.

**Welcome Newcomers!**.....1<sup>st</sup> Monday, 10:30 am

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>2</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Welcome Newcomers 10:30 AM Creative Coloring 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop in 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>3</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Caregivers Lrning 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down &amp; Tone Up 10:30 AM MSU Speaker 10:30 AM Focus on the News 11:15 AM Get Your Gadget 12:30 PM Pinochle - Drop-in 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Yoga</div> <div>Drop-In Billiards</div>		<div>4</div> <div>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg drop in 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 12:30 PM Dupl Bridge - Drop In 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance</div> <div>Drop-In Billiards</div>		<div>5</div> <div>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic &amp; Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down &amp; Tone Up 11:30 AM Lunch &amp; Learn 12:15 PM Crochet Creations 12:30PM Euchre - Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>6</div> <div>9:15 Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Mah-Jongg drop in 1:00 PM Line Dance (Intermed)</div> <div>Drop-In Billiards</div>	
<div>9</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop In 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>10</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down &amp; Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle - Drop-in 12:30 PM Trader Joe's Meals 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Hearing Test/Appt 1:00 PM Yoga</div> <div>Drop-In Billiards</div>		<div>11</div> <div>8:30 AM Water Aerobics 9:00 AM Antique Jewelry Sale 9:00 AM Deaf Group 9:00 AM Foot Doctors/Appt 9:30 AM Silver Foxes 9:30 AM Mah-Jongg drop in 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Dupli Bridge - Drop In 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance</div> <div>Drop-In Billiards</div>		<div>12</div> <div>8:30 AM Aqua Zumba 9:00 AM ANNUAL POOL TOURNAMENT 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic &amp; Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down &amp; Tone Up 11:30 AM Lunch &amp; Learn 12:15 PM Crochet Creations 12:30PM Euchre - Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>13</div> <div>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah-Jongg drop in 1:00 PM Line Dance (Intermed)</div> <div>Drop-In Billiards</div>	
<div>16</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Creative Coloring 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop in 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>17</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down &amp; Tone Up 11:15 AM Get Your Gadget 11:30 AM Lunch &amp; Learn 12:30 PM Pinochle - Drop-in 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Yoga</div> <div>Drop-In Billiards</div>		<div>18</div> <div>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg drop in 9:30 AM Silver Foxes 10:00 AM Craft Creations 10:30 AM Kuratomi Stretch 12:30 PM Dupl Bridge - Drop In 12:30 PM Computer Club 2:30 PM Round Dance</div> <div>Drop-In Billiards</div>		<div>19</div> <div>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic &amp; Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:00 AM Financial Aide/Appt 10:30 AM Sit Down &amp; Tone Up 12:15 PM Crochet Creations 12:30 PM Euchre - Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga 1:00 PM Legal Aid/Appt By Appt Massage Therapy Drop-In Billiards</div> <div>Drop-In Billiards</div>		<div>20</div> <div>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM P.A.L. 12:30 PM Kerry Price 12:45 PM Handbells 1:00 PM Mah-Jongg drop in 1:00 PM Line Dance (Intermed)</div> <div>By Appt Massage Therapy Drop-In Billiards</div>	
<div>23</div> <div>9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimer's Support 10:30 AM Chair Yoga (DVD) 10:30 AM Senior Pilates 12:15 PM Rubber Bridge - Drop In 1:00 PM Dance, Ballroom 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>24</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down &amp; Tone Up 11:15 AM Get Your Gadget 11:30 AM Lunch &amp; Learn 12:30 PM Pinochle - Drop-in 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Yoga</div> <div>Drop-In Billiards</div>		<div>25</div> <div>8:30 AM Water Aerobics 9:00 AM Deaf Group 9:30 AM Mah-Jongg drop in 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Dupl Bridge - Drop In 12:30 PM Computer Club 2:30 PM Round Dance</div> <div>Drop-In Billiards</div>		<div>26</div> <div>8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi Basic &amp; Chen 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down &amp; Tone Up 12:15 PM Crochet Creations 12:30PM Euchre - Drop-In 1:00 PM Round Dance 1:00 PM Gentle Yoga</div> <div>Drop-In Billiards</div>		<div>27</div> <div>9:15 AM Water Color Painting 9:30 AM Silver Foxes 10:30 AM P.A.L. 12:30 PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah-Jongg drop in 1:00 PM Line Dance (Intermed)</div> <div>6:00 PM Dinner Dance Drop-In Billiards</div>	
<div>30</div> <div>THE CENTER IS CLOSED FOR MEMORIAL DAY</div>		<div>31</div> <div>9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:30 AM Sit Down &amp; Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle - Drop-in 12:45 PM Ask the Computer Lady 1:00 PM Sit 'n' Knit 1:00 PM Yoga</div> <div>Drop-In Billiards</div>		<div>The world's favorite season is the spring. All things seem possible in May. Edwin Way Teale</div> <div>May 2016</div>					
MAHANY/MEININGER SENIOR COMMUNITY CENTER									

**HOT MEALS SERVED BY TIM'S KITCHEN**  
**ALL MEALS \$3.00** *Carry Outs \$3.50*  
**AVAILABLE TO ALL - NO AGE RESTRICTIONS!**

## **May 2016 Lunch Menu**

Monday	2	Unstuffed Cabbage/Beef	
Tuesday	3	Bran Chicken w/Peach Sauce	<i>SMART MENU</i> ♥
Wednesday	4	Italian Cheese Square	
Thursday	5	Crab Cake	
Friday	6	Egg Salad on a Bun	
Monday	9	Pasta with Meat Sauce	
Tuesday	10	Pork Chop	
Wednesday	11	Tuna Noodle Bake	
Thursday	12	Meatloaf	
Friday	13	Sesame Chicken	
Monday	16	Veggie Lasagna	<i>SMART MENU</i> ♥
Tuesday	17	Chicken Salad Puff	
Wednesday	18	Pasta with Meat Sauce	
Thursday	19	Chicken Tetrazzini	
Friday	20	Meatloaf	
Monday	23	Ham & Swiss Cheese Salad	
Tuesday	24	BBQ Meatball	
Wednesday	25	Pork Chop	
Thursday	26	Tuna Cheese Square	
Friday	27	Chicken Broccoli and Cheese	
Monday	30	<i>Closed for Memorial Day</i>	
Tuesday	31	Swiss Chicken	

To reserve a lunch, call (248) 246-3900 at least one day in advance (*call before 1 pm*).

Lunch is served at 11:45 a.m.



**Salter Center Book Club**

**Mon, May 16 10-11:30 am**

Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. May's book is *The Feminine Mystique* by Betty Friedan.

**Drop-In Pinochle**

**Wed & Fridays 12:45 pm**

Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

**Helping Hands**

**Fridays 9:30 am**

Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. **Donations of 4-ply yarn gratefully accepted.**

**Sit Down and Tone Up**

**Mon - Wed - Fri 9:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

**Yoga**

**Thurs. April 28 - Jun 16 10:15 am**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2014sp.**

**DROP-IN-SPORTS**

**At the Salter Center**

**Pickleball**

- **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 8.

**-Mondays -**

11:00 am-1:00 pm or 1:00-3:00 pm  
All levels, East Gym

**-Tuesdays -**

1:00 - 3:00 pm All levels, East Gym  
12:30 - 2:15 4.0 & higher, West Gym

**-Wednesdays -**

11:00am-1:00pm or 1:00-3:00 pm  
All levels, East Gym  
11:00am-2:00pm  
3.5 & Higher (West Gym) **\$3**

**-Fridays -**

11:00 am-1:00 pm or 1:00-3:00 pm  
All levels, East Gym  
5:00-7:15 pm Ages 19 & Up, East Gym  
12:30-2:00pm 3.5 & Higher mixer, West Gym

**Bounce Volleyball**

**Tues/Thurs 11-1 pm**

A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

**Stretch & Strength Training**

**(40+ cardio weights & strengthening)**

**11 am - Noon**

**Mon, Apr 18 - May 23**

**Weds, Apr 13 - May 18**

**Fri, Apr 22 - May 27**

Improve your strength, stamina and flexibility: adaptable to your own pace and fitness level. Class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle, wear tennis shoes and loose, comfortable clothing. Classes run continuously except holidays and scheduled instructor vacation. Instructor, **Jo Schirtzinger**. **\$5** drop-in fee

**\$26/6 wks** for 1 day; **SA2008**

**\$46/6 wks** for 2 day; **SA2009**

**\$64/6 wks** for 3 day; **SA2010**

**Balance Training (50+)**

**Fri Apr 22 - May 27 12:30pm**

30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun, innovative exercises keep you smiling and moving! **Jo Schirtzinger**, fitness instructor since 1994. **\$24/6 wks SA2006**

***Let's Walk!***

**Monday-Friday 8:30 - 11:00 am**

Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.

**Welcome Walkers!!**

**Tai Chi Chuan**

**Standing/Chen Style Laojia Yuile**

**Tues, Apr 5 - Jun 7 10:00am**

Instructor Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. The movements are slow and fast, twining and twisting, connected with internal spiral energy. **SA2013 \$60/10 wks.**



\*\*\* **DAY TRIPS** \*\*\* (continued)**DIA Series: Gallery Guided Tour****Thursday, June 2, 2016 12:15 - 3:30 pm**

Our last event in the Series, the Guided Tour explores various art in the museum. There will be a cookie reception after the presentation. Cost includes transportation via motor coach, gallery tour and reception. You may also choose to peruse the museum on your own in lieu of the tour. **\$5 T1006 Sp**

**Riverdance at the Fox Theater****Saturday, June 4, 2016 1:00 - 4:45pm**

"This one is the original; it is full of energy and exudes a smooth professionalism" SOUTH CHINA MORNING POST. "Riverdance is as much a phenomenon as a show" NEW YORK POST. The reviews say it all: this is not a show to miss! Cost includes transportation via Senior Bus and a performance. **\$54 T1019 Sp**

**Eastern Market Tour****Saturday, June 18, 2016 9:00 am - 2:00 pm**

NOT A SHOPPING TRIP! On this two-hour walking tour, experience the sights, sounds and smells of America's oldest and largest outdoor farmers' markets. Find out what makes Eastern Market so fascinating and learn about the exciting plans for its future. Lunch at Roma Café after the tour, lunch is on your aver: average \$11. Cost includes transportation via Senior Bus and guided tour of Eastern Market. Wear your walking shoes! You must be able to keep up with the group. Any purchases must be confined to what you can hold on your lap on the return bus ride. **\$24 T1015sp**

**FUTURE DATES FOR DAY TRIP FUN!****MARK YOUR CALENDARS!**

Tuesday, June 21	Monday, July 11	Thursday, July 14	Wednesday, July 20
<b>Dow Gardens</b>	<b>Soaring Eagle "John Denver"</b>	<b>Canadian Legends</b>	<b>Put-In-Bay</b>
<b>\$84</b>	<b>\$43</b>	<b>\$124</b>	<b>\$140</b>

**JUST A REMINDER!** If you are traveling with us:

- Arrive 15 - 30 min. ahead.
- *CHECK-IN* with a staff person.
- Park in the farthest north row of our lot (Look for Trip Parking signs).

*All trip dates, descriptions and prices are subject to change.*

**FAVORITE ACTIVITIES HERE AT THE CENTER****EUCHRE GAMES**

Join us for Euchre on  
Thursdays at 12:30 pm  
(\$1 Drop-in)

**Euchre Winners**

March 17th	Glo Vestrand
March 24th	Fran Patterson
March 31st	Herb Schultz

*Well played Euchre players!!*

**POOL TOURNAMENTS (monthly)**

Dust off that pool cue. The center has pool tables here for your use: \$0.50/day or \$3/month. Then, sign up for the monthly tournament - 2nd Thursday of the month.

**March Pool Tournament Winners**

First Place Team	Dave Savage &	Jerry Drozdzewski
Second Place Team	Jim Dickinson &	Bob Hilton
Third Place Team	Paul Riddell &	John V.

Way to play you Sharks!